

The Sunland Beach

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NOVEMBER 2015

The Agency Supports Persons with Developmental Disabilities in Living,
Learning, and Working in their Communities

agency for persons with disabilities
State of Florida



Happy Thanksgiving

Each year on the fourth Thursday in November, Americans gather for a day of feasting, football and family. While today's Thanksgiving celebrations would likely be unrecognizable to attendees of the Pilgrim's original 1621 harvest meal, it continues to be a day Americans come together around the table to give thanks.

At Sunland, many of our homes host special celebrations in observance of Thanksgiving. Unit 2's Pierce and Woodridge Houses recently celebrated with a pre-Thanksgiving dinner, prepared especially for residents and staff. Coordinated by Voncille Williams and the staff of Pierce House, this event has become a special tradition in Unit 2. Everyone enjoys gathering together to give thanks and celebrate the joys of love and bountiful friendships.



GIVE THANKS

FAMILY • FRIENDS • GRATITUDE

Sunland Center - Marianna Campus
Developmental Disabilities Center
3700 Williams Drive, Marianna, FL 32446


agency for persons with disabilities
State of Florida

Sunland Center - Chattahoochee Campus
Developmental Disabilities Defendant Program
100 N. Main Street, Chattahoochee, FL 32324

NATIONAL Peanut Festival

The Fair!
Blue Ribbon
Memories
November 6-15, 2015

Sunland residents and staff enjoyed attending Special Citizens Day at the National Peanut Festival, located in Dothan, Alabama. The whirl of exhilarating amusement rides, farm animal and agricultural exhibits, along with the tantalizing aroma of fairway foods and the lure of exciting carnival games make this annual festival a popular event for Sunland residents.





Sunland Takes Part In State Fall Classic

The Special Olympics Jackson County program traveled to Kissimmee recently to take part in the Special Olympics Florida State Fall Classic. The Jackson County program, which includes Sunland, took part in the softball and bowling competitions. We are very pleased to report two athletes from Sunland brought home medals in bowling. Floyd N. won Gold and Timothy K. won Silver. Two other bowlers placed: Richard P. finished fourth and Cheryl D. finished fifth. Timothy K. won the Inspirational Athlete Award for Jackson County and Donna Conrad won the Inspirational Coach Award for Jackson County.

In softball, the Sonics finished third in their division, bringing home Bronze medals. Sunland athletes on the Sonics softball team included: Christopher C., Andy J., John B., Andrew K., Jon R., Nelson K., Roosevelt E., Robert H., and Jesse D. Recreation staff that attended the Fall Classic included Clint Cox, Matt Dryden, Donna Conrad, Chuck Dickson, Chris Murff and Mary Herring (Nurse).

Congratulations to Sunland's athletes on their well-deserved accomplishments!



FALL CLASSIC



FROM THE SUPERINTENDENT...

Team – Thanksgiving is the time of year that an attitude of gratitude appears in almost every environment. People seem kinder, gentler, more courteous, more considerate and more thankful. Either they are or we look for the good and pay less attention to the not so good things that happen around us. Wouldn't it be nice if we could see and feel this all year round?

As I was making the rounds on Thanksgiving Day I had an opportunity to talk with several residents and staff. It was delightful! As you can imagine the usual conversations began and ended with the awe inspiring, deliciously descriptive meals that graced dinner tables. Then there was discussion about football games, favorite teams, not so favorite teams, and other traditions. It was a privilege to hear so many wonderful stories. John's experience was especially touching and I will share it in summary here:

John loves to cook for his family and staff on his home where he works. He looks forward to Thanksgiving. This Thanksgiving was especially touching. As his family gathered around the dinner table, his wife asked each person what he or she was thankful for. The adults expressed gratitude for loved ones, faith, family, and the gathering. What came from the children sent chills through the air. They were perhaps expecting to hear thankfulness for bicycles, dolls, toys, and maybe a truck or pony ride. They weren't prepared for the children's gratitude lists. Hearts opened as the mouths of babes shared their love and appreciation for mom, dad, sisters, brothers, aunts, uncles, cousins, and grandparents. Not one child put a thing on a pedestal with people.

What an important lesson to share. Sounds like these children learned this lesson early. This is wonderfully amazing! How can we translate this lesson to the work place? Let's take expressing gratitude by saying, "thank you!" Some folks find it easier to say thank you to new acquaintances or strangers than to family members or co-workers. For example, if someone opens the door, the automatic response is thank you. Yet, in the normal rhythm of our work day, a co-worker may extend a helping hand and we may remember later that we should have said, "thank you!" Sometimes the please and thank you that we practiced over a lifetime eludes us in some situations. Each new day brings new opportunities to express appreciation. Robert Braathe says, "Gratitude and attitude are not challenges; they are choices." This thought provoking quote encourages us to wisely choose how we desire to see and remember our daily experiences. When we express kindness and gratitude to the people we are privileged to support and others in our homes and communities, we are gifting space and time with positive energy and adding simple goodness to someone's lived experience. We are all the richer when this experience remains the norm.

Let's count our blessings year round. Embrace traditions. Pass them on and create new memories with each new day. After all, its awesome newness is a gift. It's a day we haven't seen before.

Grateful,
Geri Williams
 Geri Williams
 Superintendent

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John Fitzgerald Kennedy.





“Family Matters” is designated as an editorial page which offers staff the unique perspective of looking through the eyes of our residents’ loved ones.

This month, Sunland Retiree Mildred McLeroy shares some of her special memories about her brother Stephlan, and her sincere appreciation for the care he receives at Sunland.

This is important because...*Family Matters!*

My brother Stephlan can always encourage someone to cheer up when they are having a bad day. He likes to express himself with a big smile, letting everyone know it will be alright. His smile identifies a lot about him, even though he is confined to a wheelchair for mobility. He can communicate with an understanding to tell you what he wants and how he feels, his likes and dislikes. Stephlan always enjoys the outdoors, grasping God's creation and spending time interacting with people. He admires birds flying, their coloration and the different sounds they make. While outside, he likes to observe the cars as they go by and will often try to identify what color, model and kind of car it is. He also likes attending the Learning Center and doing his learning goals on his assigned home. He really enjoys shredding paper for Recycling and participating in integrated activities off-Center. On Holidays, Stephlan enjoys celebrating with family and friends. He admires the food and fellowship and dislikes when the visiting time ends. While departing, he always says good by with a big smile and will sometimes request money to take back with him.



Since retiring, I have great fun and memories working with Stephlan in the Unit 1 Day Program. He enjoyed coming to work and upon arrival to the classroom he would say “I am ready to work now!” He would stay focused the entire class time while occupied with work related goals. He never wanted to go home until the task was completed. After completing his task, he would say “I am ready to go home now.”

Sunland has been a special place for Stephlan because of his disability. The facility supplies the programs, medical, physical therapy equipment, mental health professionals and caregivers trained to meet the many needs of the individuals who live here. Sunland is close to my community and I visit him once a week. Other family members also visit with him when time allows. Sunland has been a very great place to work and I enjoyed the entire 39+ years I was there along with my co-workers, supervisors and other staff.

~ Mildred McLeroy

UNIT 1 UPDATE

"I See the Turkey"

Composed by Clevelando Wedderburn, RTS

I see the turkey, but no deep fry
I see the turkey, but no grease
I see the turkey, but no ham
I see the turkey, but no dressings
I see the turkey, but no macaroni and cheese
I see the turkey, but no potato salad
I see the turkey, but no candy ham
I see the turkey, but no greens
I see the turkey, but no sweet tea
I see the turkey, but no cranberry sauce
I see the turkey, but no pumpkin pie
I see the turkey, but no red velvet cake
I see the turkey, but no pecan pie
I see the turkey, but no music
I see the turkey, but no family



Well, I keep on looking, then finally, I see everything, and everything that makes Thanksgiving into what it should be. From Unit 1 to everyone at Sunland, we trust you enjoyed a wonderful Thanksgiving holiday! Be ye thankful and always be safe!



Upcoming Events:

On December 12th, Grant House and Buchanan House will make the annual Christmas trip to Niceville, Florida for their Christmas Party, sponsored by the Knights of Columbus.

Unit 1 will host their departmental Christmas Tea on the 15th of December (1:00- 3:00 PM for 1st& 2nd shift and 10: 00 PM for 3rd shift).

Article Contributed by: Clevelando Wedderburn, RTS

UNIT 2 ON THE MOVE...

The men from East Truman recently visited Aplin Farms in Dothan to enjoy some Fall fun! The day began with a ride on a trailer out to the field to pick sunflowers and pumpkins. While riding out to the field the staff of the farm explained all of the hard work that goes into running a farm, and growing all the beautiful flowers and pumpkins they have. After returning from the sunflower field and pumpkin patch, the residents visited with the animals ducks, roosters, chickens, rabbits and horses. To complete our day, residents and staff enjoyed a picnic lunch under the pavilion that consisted of sandwiches, chips, cookies, soda and juice. All the men had a great experience. They each brought home a sunflower and a pumpkin. A special thanks to Aplin farm for letting us visit and enjoy their magnificent grounds! We would also like to thank our Social Worker, Derit Godwin for assisting us and taking the beautiful pictures.



Article Contributed by: LaWanda Calhoun

UNIT 3 HAPPENINGS

Unit 3 Birthday Celebrations

During the month of November staff whose birthdays fell within the months of August, September, and October were celebrated with a cupcake party. Everyone appreciated Elizabeth Mitchell, POA personally presenting them with their birthday cupcakes.

Peanut Festival 2015

On November 10, Unit 3 joined the caravan heading to the National Peanut Festival in Dothan, Alabama for Special Citizens Day. Everyone enjoyed the people, entertainment, fun atmosphere, and the food including fresh popped kettle corn which was one of the highlights. Thursday evening, Westside staff and two of our residents had a good time on the evening trip to the Peanut Festival. We would like to thank Centralized Support Services for organizing the Peanut Festival trip and a special thank you to Jackson County Schools for providing transportation for the evening trips. A special thanks to all the Unit 3 staff who escorted our residents to the Peanut Festival so they could enjoy an opportunity to participate in the events.

Thanksgiving Holidays

Unit 3 is definitely looking forward to celebrating the Thanksgiving Holidays. The staff came together and prepared a feast that was outstanding. The fellowship among the staff was a nice sight to see. Everyone enjoyed each other's company along with the dishes. If you have a sweet tooth, the delightful desserts would have been your favorite thing of all!

On behalf of Unit 3, we would like to wish you all a safe and Happy Thanksgiving!!!

Unit 3 Birthday Stars



Article & Photos Contributed by: Allison Jones

Pathways

PATHWAYS CELEBRATES FALL

Pathways Forensic Facility recently celebrated its Eleventh Annual Fall Festival. Before the big event took place, residents and staff enjoyed decorating the grounds with colorful fall decorations. The beautiful fall day was filled with lots of food, games and laughter. Events included face painting, bean bag toss, football toss, volleyball, baseball batting, table games and a hayride. Refreshments included funnel cakes, snow cones, boiled peanuts, popcorn, nachos and cheese and drinks.

Thank you to all the staff at Pathways who worked hard to make this event possible. Our residents look forward to the fun-filled day each year.



Articles & photos contributed by: Juanita Alford

DEVELOPMENTAL DISABILITIES DEFENDANT PROGRAM

DDDP is proud to announce that Antonio Sutton, Human Services Administrator, has been chosen as the STAR Award Employee of the Month for the month of December. He was nominated for consistently going above and beyond by always arriving 15-20 minutes prior to his shift to ensure he is prepared for the deployment of 2nd shift in Community III.

Mr. Sutton volunteers for special projects and additional duties as evidenced by his coming in on alternate shifts to conduct orientation training for new employees in Community III. He is very involved with the recruitment in Community III by actively participating in the interview and selection process of prospective employees. In addition, Mr. Sutton fills in during the absence of the Residential Services Director and ensures that the operations in Community III run smoothly in the supervisor's absence.

Great job to Antonio Sutton ! Thanks for all you do for DDDP through Community III.



Article & Photos provided by Tony Reed

DEVELOPMENTAL DISABILITIES DEFENDANT PROGRAM

DDDP held a Thanksgiving luncheon on November 19, 2015, in the East Building's Administration wing. It was a delicious meal and great time of fellowship with co-workers. The management team provided the ham and turkey and everyone brought their favorite covered dish.

Special thanks goes out to the planning committee: Christina Elliot, Tammy Cloud, Brittany Lytle, Lori Keel, Kim Page, Tallulah Thomas, Charlene Gibson, Willie Manuel, and to Randy Johnson for carving the meat, Keith Moneyham for the ice run, and to all of the Rehabilitation & Trial Competency Training staff for their assistance to ensure coverage so that Direct Care staff had an opportunity to participate. We have so much to be thankful for and this was a great opportunity to take a moment and reflect with while also remembering those less fortunate.



Article & Photos provided by Tony Reed



NURSING NEWS



Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection. **The use of antibiotics is the single most important factor leading to antibiotic resistance around the world.** Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed. It is time for everyone to **Get Smart About Antibiotics!**

Use Antibiotics the Right Way

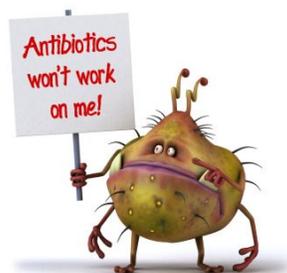
Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

Learn When Respiratory Illnesses Need Antibiotics

Antibiotics aren't always the answer for common respiratory infections. Antibiotics do not fight infections caused by viruses like colds, most sore throats and bronchitis, and some ear infections. Unneeded antibiotics may lead to future antibiotic-resistant infections. Symptom relief might be the best treatment option.

Feel Better with Symptom Relief

Children and adults with viral infections, which antibiotics cannot treat, usually recover when the illness has run its course. Colds, a type of viral infection, can last for up to two weeks. You should keep your healthcare provider informed if your or your child's illness gets worse or lasts longer than expected. Over-the-counter medicines may help relieve some symptoms.



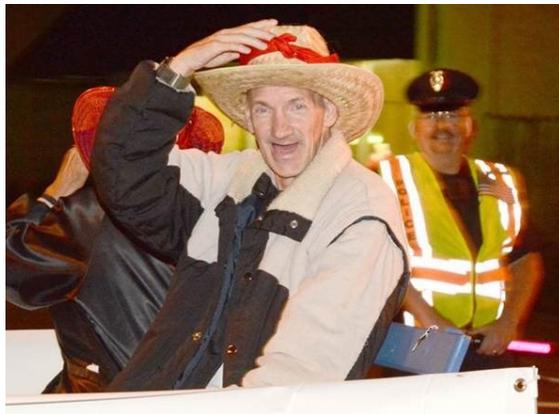
Article Contributed by Suzanne Laramore, RN

VETERANS DAY



Veterans Day is a public holiday that is dedicated to honoring anyone who has served in the United States military. The holiday began as a day to remember the end of World War I and was declared a holiday by President Woodrow Wilson in 1919. Originally known as "Armistice Day," the holiday became known as Veterans Day in 1954. Today, many Americans observe the day by attending ceremonies and parades that are dedicated to honoring the troops for their service. The City of Marianna honored those who have served our country with a parade on Veterans Day. Several residents and staff attended the parade to show their respect for our Veterans.

Pictured below is John T. who was thrilled to tip his hat to our local heroes!



Jackson County Veterans



SUNNY'S CORNER BOUTIQUE



25% off All Merchandise

(*With the exception of Wreaths which are 20% off**)

Sunny's Corner Boutique, located in the beautiful Suntown Mall announces their Christmas sale which will run through December 31, 2015. All merchandise (with the exception of wreaths) will be 25 % off; wreaths will be 20% off.

Tonya Kelly and her staff invite you to shop early to get your best Christmas gift deals at Sunny's Corner Boutique!



EMPLOYEE RECOGNITION PROGRAM



November Star Teams



Unit 2

Barry Vickson
Rayburn Rehberg

Unit 2

Kim Peterson
Kathie Granberry
Barbara Mobbs

Rhonda Cox
Mattie Hayes

HUMAN RESOURCES

New Employees:



Jennifer Sizemore
Tammie Gentry
Shelly Davis-Godwin
Nakista Mobley
Licia Sherrod
Gabrielle Wilson
Maria Riggs
Adrianna Mathis
Lisa Dixon
Timothy Shirley
Linda Powell
Mark Simpson



Retirees:

Joe Cain



Contributed by: Joni Laramore

For information regarding vacancies, deferred compensation or other personnel issues, the Human Resources Department may be reached at 482-9230 or *04.

In addition, information regarding vacancies can be obtained at the People First website at:

<https://peoplefirst.myflorida.com>



agency for persons with disabilities
State of Florida

Project Sunland PRIDE



Beautification Program!

PERSONAL **R**ESPONSIBILITY **I**N A **D**ESIRABLE **E**NVIRONMENT

"Community Spotlight of the Month"



CSS ~ Environmental Park

"The Sunland Beacon" - Newsletter Committee

Suggestions and/or news article submissions are welcomed; please contact any committee member:

Beth Basford, Administration - Editor; Clint Cox, CSS/Recreation - Co-Editor; Ashley Hill, CSS/Print Shop; Maria Johnson, CSS/Print Shop; Ethan Smith, IT; Cleve Wedderburn, Unit 1; LaWanda Calhoun, Unit 2; Allison Jones, Unit 3; Juanita Alford, Pathways; Lynn Baxley, Maintenance/Operations; Joni Laramore, Administration; Mary Gallagher, Quality Management; Suzanne Laramore, RN/Nursing-Medical; Sandra Helms, ARNP - Wellness Committee